

## **GREETINGS FOR ALL OF THE HOLIDAYS!**

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### **December 2017 NEWSLETTER & CALENDAR**

**Plan Ahead for the Forum: Saturday, January 20th, 2018**

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#### **▶ Thank You**

Thank you to those who have made donations and thank you to those of you who will do so.

There is still time.

[Donate](#)

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#### **▶ First Forum of the 2018 Season**



**DR. ANDREEA L. SERITAN, UCSF Department of Psychiatry and UCSF Movement Disorders and Neuromodulation Center**

**"Addressing Anxiety and Depression in Parkinson's Disease"**

**Dr. Seritan is a professor of psychiatry at UCSF School of Medicine. She is a geriatric psychiatrist who specializes in treating patients with movement disorders and associated psychiatric symptoms.**

Saturday, January 20th, 2018 from 10:30am-12:00pm  
Berkeley Unitarian Fellowship Hall, 1924 Cedar Street (at Bonita), Berkeley

To reserve please email [pdaforum@pdactive.org](mailto:pdaforum@pdactive.org)

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#### **▶ Special Read**

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##### **KAREN GARRISON'S PLAN FOR PARKINSON'S**

Karen Garrison, an engaged member of PD Active, lives in Berkeley. She wrote about her experiences in 2015, four years after



being diagnosed with PD. We have shared her article informally with a few members and we think there are many lessons to be learned from her eloquent writing. We are grateful to her for giving us permission to publish it in a blog on our website. Click [Here](#) to read the article.

She was 61 in 2011 when she first developed major symptoms. Today, seven years later, Karen attends Dance for PD® class, Rock Steady Boxing® class and occasional yoga and PWR!Moves® classes.

In addition, together with John Argue, she is planning to start a mentoring group to assist the newly diagnosed. She still makes quilts and finds time, with her husband, David, for her devotion to hiking, snorkeling, and watching birds and fish of all kinds.

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## NOVEMBER FORUM A GRAND SUCCESS

Kathleen Parafinczuk spoke on the topic titled "Exercise as Medicine—The Role of Rehabilitation Professionals in Helping to Treat Parkinson's Disease."

She has had a lot of experience at Kaiser developing integrated plans for those diagnosed with PD. The question period was spirited.



Katie thoughtfully made her slides available.

We have posted them on our website under the November Newsletter section. Click [Here](#) to view them.

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## ► Noteworthy News

### HOLIDAY CLASS WITH DANCE FOR PD®

Berkeley Ballet's Dance for PD® invites you to a free class to introduce the new home and studios of the Berkeley Ballet Theater.

December 28th from 2:45-4:00pm

1370 Tenth Street, Berkeley (between Gilman & Camelia, behind REI)

Family, friends and caregivers are welcome.

RSVP to Susan Weber at [susanw@berkeleyballet.org](mailto:susanw@berkeleyballet.org) or (925) 457-8170.

### NEW VOCAL/SPEECH PRACTICE GROUP

Four PD Active members, who started with Parkinson's speech therapy at Oakland Kaiser, have formed an ongoing voice practice session, which meets on Wednesdays from 1:00-2:00pm at the South Berkeley Senior Center. They start with vocal exercises, then take turns reading short sentences to longer passages aloud, then non-pressured 'ad-libbing' or interviewing on short, easy topics, focusing on volume, articulation, and expression. It is a low-key, supportive atmosphere, with others who are in similar boats, and it provides an opportunity to exercise those vocal chords for folks who aren't quite up to joining the Tremolos.

There is plenty of room for more participants and there is no charge. Spouses, care partners are welcome.

South Berkeley Senior Center

2939 Ellis St, (corner of Ashby and Ellis, Berkeley)

Small parking lot, some street parking, close to Ashby BART

Contact Ingrid Crickmore: 510-525-8742 or [ingridcrickmore@earthlink.net](mailto:ingridcrickmore@earthlink.net)

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## Thank You To Our Donors

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Susan Stanley

Judi Sui and Bruce Bernhard

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Carolyn Yale

Eva Yarmo & David Rosenthal

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John Black in honor of Susan G. Stein-Black

Amy Blasenheim in memory of Irving Blasenheim

Kathryn Frank & Jim Blume in honor of Stanley Lubman

Susan & David Brody in honor of Stanley Lubman  
Mary Ann Brownstein & Kerry Woodward in memory of Ann Chandler  
Anthony Dailley in honor of Lee Shapiro  
Meris Emory in honor of Tom Sheridan  
Jerry & Nancy Falk in honor of Stanley Lubman  
Susan & Leonard Feinstein in honor of Lee Shapiro  
Carol Fisher in honor of Judith Lubman  
Kristen Hawkinson in honor of Mary Pat Boersma  
Marjorie Hilsenrad in honor of Judy Huerta  
Art & Edna Hom in honor of Paul Hathaway  
Richelle Jacobs in honor of Ann Van Steenberg  
Janet Klusza in honor of Lee Shapiro  
Arthur Kuhn & Carol Van Steenberg in honor of Ann Van Steenberg  
Stanley & Judith Lubman in honor of Paula Blasier  
Linda Mandel in honor of Lee Shapiro  
Tommie Mayfield in memory of Mary King  
Karen McKie & Barry Krisberg in honor of Judith & Stanley Lubman  
Laura McNall in memory of Frieda Dilloo  
Patricia Morse in honor of Frances Tobriner  
Lynda Mounts in honor of Stanley Lubman  
Patricia Needle in honor of Paula Blasier & Carol Gilbert  
Carol & Joe Neil in honor of Eva Yarmo  
Amy Neuburg in honor of Herb Heinz  
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Alan Palestine in memory of Arthur Palestine  
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Michael Rosenberg in honor of Lee Shapiro  
Joyce Rybandt in honor of Gary Turchin  
Philip Schnayerson & Liz Sher in honor of Stanley Lubman  
Ken Schneider & Marcia Jarmel in honor of Lee Shapiro  
R. Scott Schroeder in honor of Lee Shapiro  
Marjorie & Mitchell Schwarzer in honor of Ann Van Steenberg  
Lee Shapiro in honor of Yoram Litwin & Titi Singer  
Katherine & James Shea in honor of Herb, Warren, Martha, and all the dancers  
Larry & Maxine Snider in honor of Eva Yarmo  
Greg & Selina Wajnowski in honor of Stanley & Judith Lubman  
Arlan Wise in honor of Lee Shapiro

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## **How To Donate To The Annual Appeal**

**Donate**

PD Active is a 501(c)(3) organization. Contributions are tax deductible.

We rely on you, our generous PD Active members, and your friends and families, for our core financial support. It's easier than ever to help.

- To donate by credit card: please [click here](#).

- To donate by postal mail:

PD Active, P.O. Box 9246, Berkeley, CA 94709

- To donate by PayPal: please [click here](#)

- For other types of donations such as:

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Contact Judith at [development@pdactive.org](mailto:development@pdactive.org) or call 510-479-6119

## Calendar for December 2017

[Click to View Calendar](#)

## PD Active Activities, Descriptions & Locations

[Click to Enlarge or Print](#)

PROGRAMS	DESCRIPTION	CONTACT INFO	DAY
<b>Dance for PD</b> @ Dancepace, 473 Hudson St., Oakland	Classes combine elements of modern dance, ballet, social dancing & improvisation to create an enjoyable, stimulating non-pressured artistic experience. Presented in association with Mark Morris Dance Group. Open to all, no dance experience is necessary.	<a href="mailto:dance4pd@pdactive.org">dance4pd@pdactive.org</a> 510-479-6119	Thu
<b>The Tremolos</b> Piedmont Gardens, 110 41 <sup>st</sup> St. at Piedmont Ave., Oakland	Come join our PD Active chorus. The Tremolos, led by Oakland music teacher and director Lauren Carley. Learn breath control, pronunciation and new songs, improve your speaking and sing! We have a lot of fun. Open to all.	<a href="mailto:chorus@pdactive.org">chorus@pdactive.org</a>	Wed 2x/mo
<b>Yoga for PD</b> You and the Mat (Mondays) Oakland The Yoga Room (Wednesdays) Berkeley	<b>There is a wait list.</b> Use email to get on the wait list. Yoga for people with PD. Advanced registration required. Monday classes are at You and the Mat, and Wednesday at the Yoga Room.	<a href="mailto:administrator@pdactive.org">administrator@pdactive.org</a>	Mon & Wed
<b>PD Active Forum</b> Berkeley (Miltonson Fellowship Hall, 1554 Cedar St. @ El Bonita), Berkeley	PD Active Forum hosts programs on Saturday mornings, 4 times/year. Guest speakers present informational and educational topics relevant to the PD community. PD Forum is open to anyone impacted by PD. Reservations requested.	<a href="mailto:pdforum@pdactive.org">pdforum@pdactive.org</a> Ann 510-632-8029	Sat 4x/yr
<b>PD Active Café</b> Cafe Lela, 1724 San Pablo Av., Berkeley	A no-host social gathering, coffee klatch. Get to know others affected by PD. Order your goodies in the front and look for the "PD Active" sign on our table - on the patio out back if possible. Stay for 10 minutes or the whole 2 hours. Family & friends are welcome.	<a href="mailto:cafe@pdactive.org">cafe@pdactive.org</a>	Tue
<b>PD Support Groups</b> 1 <sup>st</sup> Thursday - 3431 Foothill Blvd., Oakland 3 <sup>rd</sup> Thursday - 1125 University Ave. (at San Pablo) Berkeley	Spaces to share our experiences in a safe setting to learn from each other & become stronger. On 1 <sup>st</sup> Thursdays of the month, we meet at Mercy Retirement & Care Center's Rose Room. Parking at entrance on 54 <sup>th</sup> Ave., and street parking available in the area. On 3 <sup>rd</sup> Thursdays we meet at Berkeley Public Library WEST BRANCH where there is street parking. Facilitated by Rodney Kieninger, LCSW. Open to anyone with PD.	<a href="mailto:support@pdactive.org">support@pdactive.org</a> 510-479-6119	Thu
<b>Care Partners Support Group</b> 2 <sup>nd</sup> Thursday North Berkeley Senior Center, Pm.C. 2 <sup>nd</sup> Fl., 1901 Hearst Ave, Berkeley	This is a gathering where participants speak frankly about concerns and challenges in caring for loved ones with PD. Open to family caregivers and care partners only. RSVP if attending for the first time.	<a href="mailto:carepartners@pdactive.org">carepartners@pdactive.org</a> 510-479-6119	2 <sup>nd</sup> Thu
<b>Heart Circle</b> 1914 Oregon St., Berkeley	The relief and sweetness of sharing our lives with PD. We join together in a guided meditation, followed by a topic of mutual interest, a social tea & goodies, and then, in friendship, we speak from our hearts. Open to anyone with PD.	<a href="mailto:heart@pdactive.org">heart@pdactive.org</a> Scott Holloway 510-967-5414	1 <sup>st</sup> Sat of month
<b>PD Salon</b> Please contact for location	An opportunity for those in the PD community to informally share writing, other art forms, and information about living with Parkinson's Disease in a mutually supportive environment. Hosted in a Berkeley private home with refreshments provided. Open to all.	<a href="mailto:salonthost@pdactive.org">salonthost@pdactive.org</a> 510-684-4346	2 <sup>nd</sup> Sun every other month

PD, Box 9246, Berkeley, CA 94709 510-479-6119 [info@pdactive.org](mailto:info@pdactive.org) [www.pdactive.org](http://www.pdactive.org)  
 PD Active is a 501(c)(3) non-profit organization and accepts contributions that support its mission and programming. Contributions are tax deductible. 0617 v1.6

## Local Classes for People with PD

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**LOCAL CLASSES FOR PEOPLE WITH PD**

Classes	Location	Instructors	Contact Info	Day
<b>CLASSES INITIATED WITH FINANCIAL SUPPORT FROM PD ACTIVE</b>				
<b>PWRI Moves ®</b> (PD Specific Exercise)	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli	<a href="mailto:murthy_yf@gmail.com">murthy_yf@gmail.com</a> 925-864-2890	Tue
<b>Chair Yoga for People with PD</b>	The Yoga Room 2530 San Pablo Av., Berkeley	Murthy Jarugumilli	<a href="mailto:murthy_yf@gmail.com">murthy_yf@gmail.com</a> 925-864-2890	Tue
<b>Rock Steady Boxing Albany</b>	Performance Fitness MMA 544 Cleveland Av., Albany	Daniel Burkhardt	<a href="http://rocksteadyboxingalbany.com">rocksteadyboxingalbany.com</a> <a href="mailto:info@rocksteadyboxingalbany.com">info@rocksteadyboxingalbany.com</a> 925-471-5432	Mon/Wed/ Fri
<b>OTHER CLASSES</b>				
<b>Be Heard</b> (speech for Parkinson's)	JCC Berkeley 1414 Walnut St., Berkeley	Katie Ty Warren	<a href="mailto:kwarren@gmail.com">kwarren@gmail.com</a>	Thu
<b>Dance for PD</b> (Mark Morris Dance for PD ®)	Berkeley Ballet Theater Christ Church 2138 Cedar St., Berkeley	Susan Weber	<a href="mailto:susanw@berkeleyballet.org">susanw@berkeleyballet.org</a> 925-457-6170 Free of charge, donations accepted.	Mon
<b>Dance Moves Me for PD</b>	Bridgecourt Building, 3990 Harlan St., Emeryville	Debbie Sternbach	<a href="http://fasn@wix.com/dancemovesme">http://fasn@wix.com/dancemovesme</a> <a href="mailto:Fasn@comcast.net">Fasn@comcast.net</a> 510-653-8362	Fri
<b>Mindful Movement Yoga for PD</b>	This Here Space 1914 Oregon St., Berkeley	Herb Heinz	<a href="http://www.thishere.org">www.thishere.org</a> <a href="mailto:herb@thishere.org">herb@thishere.org</a>	Fri
<b>Parkinson's Disease and the Art of Moving</b>	JCC Berkeley 1414 Walnut St., Berkeley	Debbie Sternbach	<a href="mailto:Fasn@comcast.net">Fasn@comcast.net</a> 510-653-8362	Mon
<b>Parkinson's Disease Movement</b> (based on John Argue's method)	Berkeley Adult School 1701 San Pablo Av., Berkeley	Jan Hetherington	<a href="http://bas.berkeleyschools.net">http://bas.berkeleyschools.net</a> <a href="mailto:jan@moves-to-improve.net">jan@moves-to-improve.net</a> 510-644-6130	Thu
<b>Water Works</b> (aquatic fitness)	Bellevue Club 525 Bellevue Av., Oakland	Kate Johnson	<a href="http://www.wefitnessandwater.net">www.wefitnessandwater.net</a> <a href="mailto:kjulferson@gmail.com">kjulferson@gmail.com</a> 510-891-0463	Mon/Fri
<b>Yoga for People with Parkinson's</b>	Adeline Yoga Studio 3220 Adeline St. at Alcatraz, Berkeley	Suzanne Drolet	<a href="http://www.adelineyoga.com/class-levels/#yoga-for-parkinson">www.adelineyoga.com/class-levels/#yoga-for-parkinson</a> <a href="mailto:life_love_yoga@comcast.net">life_love_yoga@comcast.net</a> 510-846-8814	Thu

10/17/19

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